

Safety Plan Worksheet for Victims/Survivors of Abuse

If you are in an abusive relationship:

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse. Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family and co-workers can help protect me, if they know what is happening, and what they can do to help.

To increase my safety, I can do some or all of the following:

1. When I must talk to my abuser in person, I can _____.
2. When I talk to my abuser on the phone, I can _____.
3. I will make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me. My code word is _____.
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as _____ (at home) or (at work) _____ or _____ . (in public)
5. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling: _____.
6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask: _____ (home) or _____ (work) to help screen my phone calls.
7. I can keep change for phone calls with me at all times. I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.
 - friend _____
 - relative _____
 - co-worker _____
 - counselor _____
 - shelter _____
 - other _____
8. When leaving work I can: _____.
9. When walking, riding or driving home, if problems occur, I can:

10. I can attend a support group for women who have been abused. Support groups are held: _____ at the Shelter for Help in Emergency .

11. Telephone Numbers I Need to Know: UNA Police Department: 256.765.4357

Safe Place: 256.767.6210 UNA Women's Center: 256.765.6198:

Rape Response: 256.765.0025.

Counselor: _____

Clergy Person: _____

Attorney: _____

Other: _____

